



## GR20 South: comfort & guided version

7 days / 6 nights

The mighty GR20: a fantastic itinerary from the North-West to the South-East of the island!

From the Renoso Mountain to the Needles of Bavella, you follow red and white markings and take some alternative routes to complete this "Grande Randonnée" (GR).

This challenging hike also includes luggage transfers and a selection of the best accommodation available along the trail.

### YOUR PROGRAM

#### Day 1 - Vizzavona

Arrival in Vizzavona. Night in a gîte or refuge depending on availability at the moment of booking.

Dinner and night in Vizzavona.



#### Day 2 - From Vizzavona to Capannelle

Today's walk begins in a beech grove in the Vizzavona forest. The pass of Palmente offers a stunning viewpoint over the lakes of Diana and Urbino. The next trail segment takes you to the eastern slope and the shepherd's hut of Alzeta. You then walk along an ancient mule-track to reach the gîte of Capannelle.

Dinner and night at the gîte.

Walk: about 5 hours.

Altitude gain & loss: +1155m, -715m.

#### Day 3 - From Capannelle to the Col de Verde

From Capannelle, you make your way to the picturesque sheepfolds of Traghjete before trekking on towards the Plateau of Ghialgone. You then cross the footbridge of I Spiazzi and the forest of Marmano, before reaching the Col de Verde.

Dinner and night at the gîte.



Walk: 5 hours.

Altitude gain & loss: +600m, -900m.

#### **Day 4 - From the Col de Verde to Cozzano**

You climb up to the Bocca del Orro and walk through the plateau of Prato and its alpine fields. As you follow the crest line, the valley provides spectacular views of the Taravo and the Tyrrhenian Sea on the eastern slope. You then walk through the forest of St Antoine to reach the village of Cozzano.

Dinner and night at the gîte.

Walk: about 8hrs.

Altitude gain & loss: +750m, -1300m.



#### **Day 5 - From Cozzano to Basseta**

Early morning departure. You climb the Bocca di l'Usciolu and walk along the mountain ridge with its dreamlike rocky landscape, sculpted by the wind. The path descends through an alder-tree forest, aged over a hundred years. The lush vegetation becomes more dense and exposed, and you soon reach the plateau of the Cuscione and the shepherd's hut of Basseta.

Dinner and night at the gîte.

Walk: about 6h30.

Altitude gain & loss: +910m, -505m.

#### **Day 6 - From Basseta to Bavella**

The plateau of the Cuscione offers a gentler terrain with its green grazing lands and pozzines (a type of peat bogs). You then climb Mount Incudine (2000m high) and, from the Asinao Valley, the path descends to the spectacular granite peaks that are the famous Needles of Bavella.

Walk: about 9 hours.

Altitude gain & loss: +982m, -1100m.

#### **Day 7 - Bavella**

End of your holiday after breakfast.





## Additional information

### TARIFFS

Price from 820 euros per person.

### OPTIONS

#### INCLUDED

Accommodation.

Luggage transfers.

Dinners from day 1 to day 6.

Breakfasts from day 2 to day 7.

Picnics from day 2 to day 6.

Experienced professional leader (our team endeavours to use local mountain guides with a good command of the English language, although there may be some rare occasions when the level of English is minimal. All guides will be there for your safety).

#### NOT INCLUDED

Transfers to Vizzavona.

Transfers from Bavella.

Transfers not included in the itinerary (including for example, due to bad weather or physical ailments).

Entrance fees to tourist sites.

Optional activities.

Beverages.

Holiday insurance.

### LEVEL OF DIFFICULTY

Terrain: well-marked paths but very technical terrain (rocky and uneven). You need to be sure-footed and have plenty of relevant mountain experience.

Walking: from 4h30 to 9 hours.



## **CARRYING**

Luggage transfers are included in your trip. You only need to take your personal belongings with you during the walk (picnic lunch, water, camera etc.).

## **ACCOMMODATION**

Gîtes d'étape (dormitories for 5-6 people with shared bathrooms).

Please be aware that facilities will be basic and normally on a shared basis (except in hotels). Hot showers should be available at each accommodation, but water may be limited due to high demand.

Double bedroom accommodation:

Nights in rooms of two are available on this particular trip, depending on availability.

Single accommodation:

Nights in single bedrooms are not available on this particular trip.

Extra accommodation:

If you require additional nights before the start of your trip or after the end of your trip, then our team can book this for you (subject to availability). Please notify us (on your booking form or by email) at the time of your booking. Payment for extra accommodation should be made to us one month before the start of your trip.

## **SIZE OF GROUP**

From 6 people.

## **DEPARTURE**

Vizzavona.

## **DISPERSION**

Bavella.

## **EQUIPMENT TO TAKE**

- A good pair of walking boots (ones that you have used before), with ankle support and non-slip soles.
- Good quality walking socks
- A comfortable rucksack (either for all of your kit or as a day sack) with plenty of plastic bags to keep your kit dry.
- If you are having your luggage transferred, please make sure that you have only one bag for the transfers, with a maximum weight of 15 kilos. It should be an easily transportable soft bag or with wheels.
- T-shirt and shorts (depending upon the likely weather)
- Light trekking trousers (not jeans)
- It is good to be able to 'layer' your clothes – with several light tops (for protection against cold, wind or sun)
- A warm sweater, polar or fleece. Beanie, gloves.
- Waterproofs – such as an anorak (Gore-tex or micro pore for example) or poncho.
- A bathing suit and towel
- Sandals or flip flops for beaches, river wading, or for wearing in the evening (it's important to be able to rest your feet from your walking boots)
- Sun cream plus sunglasses and a hat or cap



- A change of clothes
- For the picnics, you will need a small Tupperware box (for stews or salads), a plastic mug, a knife and fork. A Swiss Army knife or a pen knife is optional but can be very useful.
- Walking poles can be very useful to take the weight off the knees and to steady yourself on uneven terrain.
- A water bottle (at least one). It is preferable that you should be able to carry at least 2 litres of water at any one time.
- Camera and film, or batteries and memory cards for digital ones.
- A light torch (with spare battery)
- A small first aid kit possibly including: Rehydration salts to combat dehydration or fatigue, something for cuts, sprains, blisters, breaks, burns, stings, and pain relief. Please remember any personal medication that you may need.
- Wash bag, including: toothbrush, toothpaste, towel, toilet paper. Preferably a biodegradable soap for washing fruit, washing yourself and for washing clothes (it is possible to buy a multi-purpose biodegradable soap). Earplugs can also be useful if you are sleeping in dormitories.
- Money – make sure you have enough cash on you for your trek (in Euros), as it is unlikely that you will be able to use a card or withdraw money if you are in the mountains.
- Maps – IGN maps of a scale and quality that allow you to see the route clearly. If you are on a self-guided tour, you will more than likely be given copies of sections of maps. These should be clear enough to guide you along the route alongside the route notes, but we strongly recommend that you have the correct maps for the area of your walk. Please contact us if you need advice.
- A compass – but make sure you are able to read it before starting on your trek
- Mobile phone and charger (it may not always be possible to get a signal or to charge it, but it can be very helpful in many circumstances).
- Snacks (such as energy bars, dried fruit).
- If you are a vegetarian, we suggest you bring a good supply of nuts or other foods containing protein. It is not always possible to get a good balanced meal, particularly in the more remote places in the mountains.
- A waterproof plastic pouch in which to put your trip documents, identity papers and insurance documents.

### **IMPORTANT INFORMATION**

To Vizzavona:

To get to Vizzavona, you can either book a taxi transfer with us or you can take the local bus or train. For train fares and timetables, please visit [www.corsicabus.org](http://www.corsicabus.org).

From Bavella:

To get to your destination point from Bavella, you can either book a taxi transfer from Bavella or you can take the local bus or train. For train fares and timetables, please visit [www.corsicabus.org](http://www.corsicabus.org)

### **SAFETY INSTRUCTIONS**

Our mountain guides are experienced professional leaders with an AMM/AEM (Accompagnateur Moyenne Montagne / Accompagnateur En Montagne) certificate delivered by the French state. They are also local guides who live on the island and who wish to share their traditions and culture with travelers from around the world. During your trip, you will be travelling with one mountain guide and a group of other hikers consisting of 8-15 people. Your mountain guide is also here to ensure your safety during the trip, as well as the safety of the rest of the group. During the first day of walking, the mountain guide will usually assess your level of hiking to make sure that the entire group walks at a reasonable pace for everyone. At any point during the trip, your mountain guide reserves the right to exclude you or other hikers from activities you are not adequately





prepared or fit enough for and where your involvement may jeopardize the group and the instructor's safety as well as your own. No refund will be made to hikers excluded on these safety grounds. Please also note that our mountain guide does not accept liability for the group's lost or damaged personal property during the trip. Guided walking requires you to have a good knowledge of map reading and good orientation skills, in case you get separated from the rest of the group. You must also expect to be involved in adventurous, physically and mentally demanding activities. You should be fully aware that mountaineering is a risky activity and accept the possibility that you may be injured or even killed whilst in the mountains. Hikers should also be aware that mountaineering is highly subject to local weather and conditions and whilst every effort will be made to respect the itinerary route, sometimes this will not be safe or practical due to a variety of reasons. In this circumstance, Europe Active will make every effort to offer suitable alternatives. However, no refunds will be available. If you decide to leave the group and/or interrupt your holiday before the ending point, then please note that all transfers will be at your own expense. In the event of problems or emergencies, please remember that Europe Active provides a 7/7 hotline service.

Note: these trip notes are the most current information available for this itinerary. When you book this trip, you agree that you have read, understood all of our terms and conditions and you will abide by them.